

Follow Me TO BE HEALTHY!



#400GCHALLENGE

SO SIMPLE, YOU COULD DO IT IN YOUR SLEEP!

Last month, we showed you quick ways to cook with tinned fruit and veg. When it comes to fast food, you don't need to pick up your phone – we'll give you some easy ways to use up your leftovers!

It's better for your bank balance, your health, and for the environment – don't throw away your food when you can follow our thrifty tips to use it up! It's time to get creative with fruit and veg. Why not try out our cosy colcannon this winter?

CABBAGE IS CENTRE STAGE IN OUR COLCANNON RECIPE! IT'S AN UNDERRATED VEGETABLE – PEOPLE CALL IT BORING, BUT THERE ARE PLENTY OF WAYS TO JAZZ IT UP! TALKING OF STYLE, CABBAGE IS A SOURCE OF VITAMIN C.

CABBAGE

Onion
& Butter

Mashed
Potatoes

Chopped
Cabbage

VITAMIN C

THOSE TWO THINGS MIGHT SEEM UNRELATED, BUT VITAMIN C CONTRIBUTES TO MAINTAINING NORMAL TEETH, HELPING YOU KEEP SMILING THROUGH THE WINTER MONTHS!



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